

## Smoking and Alcoholism in Pittavruta Udana (Essential Hypertension): Karya Karana Vada

Dr. Gaurav Kumar Jha<sup>1</sup>

\*Associate Professor, Dept. of Agada Tantra

Prakash Institute of Ayurvedic Medical Science and Research

### Abstract

*Avarana* is the obstruction for movement of *Vata*, *Avaraka* is the reason for *Avarana*. In this regard Hypertension is compared to that of *Pittavruta udana*, which is having symptoms *Bharama*, *Kalama*, *Moorcha* and *Daha* by *Acharya Shusruta*<sup>1</sup> and others<sup>2,3,4</sup> whereas *Acharya Charka* add *Ojobharamsha* and *Avasada* in the above symptoms<sup>5</sup>. As this symptomatology manifest later stages of Hypertension hence taken for comparison. Although hypertension is usually asymptomatic for the first 10-20 yrs. It slowly but surely strains the heart and damages the arteries. For this reason, hypertension is often called as silent killer. The causative factor of essential hypertension is not clearly understood.

**Key words:** *Pittavruta udana*, Essential hypertension.

### INTRODUCTION

The effect of alcohol on blood pressure was independent of the effects of age, obesity, smoking and physical activity. Ex-heavy drinkers had blood pressures similar to those of tea drinkers, suggesting that the effect of alcohol is reversible. Cigarette smokers had lower diastolic pressures than nonsmokers, an effect independent of obesity. The straight correlation between intake of alcohol and high blood pressure and the lower blood pressures in ex-drinkers suggest a cause/effect relationship. The results indicate that alcohol found close to obesity as a potentially preventable cause of hypertension in the community.

### AIMS AND OBJECTIVE

Thus, present study is to evaluate the risk factor of smoking & alcoholism in *Pittavruta udana* with respect to Essential hypertension.

### MATERIAL & METHOD

For this study only ayurvedic text and other research paper on hypertension would be used to evaluate the article. The text from *Brihatrayee* i.e; *Charak Samhita*, *Susrutha Samhita*, *Aastanga Hridaya* which are available.

### **Pittavruta Udana (Essential Hypertension)**

The symptoms, which are expressed in Essential hypertension, are very nearer to the symptoms of *Pittavruta udana*. *Pittavruta udana* is explained as *Vyadhi* in Ayurvedic literature. So, the sign and symptoms of *Pittavruta udana* are similar to that of essential hypertension at the present context. *poshana* and *Tridosha prashamana*. Hence preventive measures wisely implemented for aim of *sawthasya sastharakshana* nullifies *avarana* pathology and generates healthy tissues. People who use to smoke and drink should be concerned about their cardio-vascular health.

### **Udanavata with Hridaya**

*Acharya Charaka* and *Vagbhata* have mentioned the *uras* as the *sthana* of *Udana vata*<sup>6, 7, 8</sup> and is related to *hridaya*. The functions of *Udana vata* are *prayatna* (Endeavour or effort), *urja* (enthusiasm) and *bala* (strength), with respect to *hridaya*, we can think of the conductive system of the heart, i.e. *Udana vata* by the functions like *prayatna* and *bala* initiates and helps in the conduction of the cardiac impulses in the heart. It is the coordinator of speech, memory, strength etc<sup>9, 10</sup>. Both habits raise the risk of developing high blood pressure (Htn), which in favor to increases the risk of developing cardiovascular disease. The effects of smoking and drinking on hypertension are well-known — both can have dramatic effects on heart health and blood pressure levels. So whether you've already been diagnosed with high blood pressure or have hypertension risk factors, it's time to do something about those risk factors you can control.

### **Smoking and High Blood Pressure**

Smoking causes an immediate spike in blood pressure and can raise systolic blood pressure levels by as much as 4 millimeters of mercury (mm Hg). The nicotine in tobacco products spur the nervous system to release chemicals that can constrict blood vessels and contribute to high blood pressure.

Smoking also causes continue damage to blood vessels, so beyond the hypertension risk, this addiction further increases the chance of developing problems like stroke, CVS disease, and heart attack. The combination of smoking and hypertension puts you at greater risk of having a heart attack, stroke, or other cardiovascular event compared to non-smokers with hypertension.

### **Drinking and High Blood Pressure**

To keep blood pressure in check and prevent health problems, it's best to drink alcohol moderately. That means no more than one alcoholic drink per day for women and no more than two drinks per day for men. If you can reduce alcohol consumption, data shows that you may be able to lower systolic blood pressure levels by between 1-3 mm Hg.

### **Quitting and Cutting Back**

Here are some tips to help you stop smoking and limit your alcohol intake:

- **Commit to quit-** Set a date and sign a resolution, if necessary, with yourself and may be a witness, in order to stop smoking habit. Get rid of all of your tobacco product and accessories — cigarettes, lighters, ash-trays, anything related to smoking — and check with your doctor about trying a anti-nicotine tab or gum.
- **Avoid triggers-** Do you find yourself craving a smoke while watching TV, after eating, or during a phone conversation? Then keep yourself busy and avoid those triggers. Take a walk after meals instead of watching TV or get an after-dinner cappuccino at a coffeehouse instead of visiting a bar.
- **Fill your time-** Treat yourself with a fun activity that will take your mind devoid from smoking and drinking — see a movie, go shopping, sight-seeing, or adopt a new hobby to occupy your time and give you a sense of enjoyment and satisfaction.
- **Make alcohol a limited indulgence-** Instead of settling in on the couch with a six-pack or a bottle of wine, limit yourself to one drink (two for men) per day. Be sure to remember serving sizes — a serving of wine is 5 ounces; a serving of beer is 12 ounces; and a serving of liquor is 1.5 ounces.
- **Recognize the signs of dependence-** If you have a difficult time limiting alcohol, you might need outside support. When alcohol starts affecting work, school, or relationships, it's time to seek professional help. Support groups can help, but a detoxification program (complete withdrawal from alcohol use) and rehabilitation may be necessary if you are a heavy drinker.

You can't always prevent high blood pressure, but you can control hypertension risk factors casing factors such as tobacco and alcohol.

#### **1) Discussion:**

*Pittavruta udana* is explained as disease in Ayurvedic classics. The symptoms, which are expressed in essential hypertension, are similar to the symptoms of *Pittavruta udana*. As Ayurveda explains, *Pitta pangu*, *Kapha pangu* without *vata*, so *vata* plays an important role

in the formation of diseases. *Vata* is a unique *Dosha* as it differs from other *Doshas* in many ways, for example *Vata* regulates the functions of *Pitta and Kapha*. In the pathological state also, it has double path of its vitiation i.e. its vitiation may occur by the depletion of *dhatu*s or by the obstruction, while *Pitta and Kapha* have a single route of vitiation. Most of the hypertensive patients show minimal cause in vascular integrity. *Acharya Vagbhata* clearly states that vascular integrity is maintained by *Vata (Prana)*. In one word he says “*Dhamani dharana*” is a function of *Prana Vata*. Nearly 15% of the world population is labeled hypertensive, either knowing or unknowingly by doctors. In India approximately 14% of peoples suffer from hypertension and majority of them had essential hypertension which indicates its significance and prevalence. At present, Indian Council of Medical Research (ICMR) and All India Institute of Medical Sciences (AIIMS) also have declared India as a nation of hypertension. Although hypertension is usually asymptomatic for the first 10-20 yrs., it slowly but surely strains the heart and damages the arteries. For this reason hypertension is often called as silent killer because mild to moderate levels usually ignored by patient until serious damage has been done. Epidemiological studies revealed that it is the most important single factor responsible for death from cardiovascular and cerebrovascular disease. Therefore its epidemiology has drawn the attention of W.H.O in 1978 and declared that year as “Hypertension Year”. So far hypertension in various systems of medicines likes Ayurveda, Unani, homeopathy and allopathic-claim success in preventing, controlling hypertension.

### **Conclusion**

The symptoms of *Pittavruta udana* is correlated to certain extent with essential hypertension. *Avarana* means the obstruction to movement of *Vata*, *avaraka* is the cause for it. In this regard hypertension is compared to that of *Pittavruta udana*, which is having symptoms like *Bhrama, klama, moorcha, daha* opined by *Acharaya Sushruta* and others. *Acharya Charaka* added *ojobhramsha and avasada* to the above symptoms. Hypertension is asymptomatic but is having a direct relation to that of vasculature. Atherosclerosis and arteriosclerosis are the phenomena, which affects the individuals if neglected accounts for morbidity and mortality, which needs an effective of careful approach.

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